
Graduate Strength & Conditioning Coach

Battersea Park & Wimbledon Park · Self-employed · Part-time with a path to full-time · Mentored start · Clients provided

StrengthLabLDN is growing — and we want to develop the next generation of strength coaches.

Since 2019 we've built one of South West London's leading strength coaching businesses across two private studios in Battersea Park and Wimbledon Park. We coach 1-to-1, 2-to-1 and small groups, all on personalised programmes delivered through our own coaching app.

The role

You'll start coaching small groups and supporting 1-to-1 clients alongside our senior coaches, then build your own client base as you develop.

- Coach small group strength sessions, progressing to 1-to-1 and 2-to-1
- Help deliver movement and performance assessments
- Learn to write and progress structured programmes in our app
- Support clients with injury prevention and return-to-strength training

What you get

- Clients provided, with a structured start alongside senior coaches
- Pay that rewards good coaching: session fees rise with group size, a referral bonus, and incentive points (bonus, time off or kit) tracked in the app
- A route to UKSCA accreditation — real coaching hours across athletes and general-population clients
- A clear path from part-time graduate coach to full-time senior coach and a salaried role as the business grows
- Two private strength studios, not a commercial gym floor

What we're looking for

- Degree in Sports Science, Exercise Science, S&C or a related field (completed or in your final year)
- Working towards UKSCA accreditation, or keen to start
- Genuine passion for strength training and a desire to build a career in coaching
- Confidence and clear communication with clients of all ages and backgrounds
- Right to work in the UK, your own PT insurance (or in progress) and a valid first aid certificate

How to apply

Send your CV to info@strengthlabldn.com with the subject "Graduate S&C Coach". Shortlisted coaches do a paid trial session.